

SHARK TALES

Elmwood Sharks Swim Team Monthly News



Long Course State Success!

By Sarah Carr

7TH PLACE TEAM
895 TOTAL POINTS

Girls

Relays

12& Under 200 Free Relay – 7th
12&U 200 Medley Relay – 6th

Individuals

Grace Bordelon – 8th 50 breast
Pia Ceresa – relay, top 16
Lily Curson
Serena Elliott – top 16
Bria Flynn – 50 breast 3rd, 100
breast 3rd, relays
Blair Foss – top 16, relays
Annalise Gagliano – 100 Back 3rd,
200 free 6th, 100 free 7th, 200 back
2nd , 50 free 4th
Jenna Henry – 50 fly 8th, 50 breast
6th, 50 free 8th , top 16
Lila Merchant – top 16
Olivia Roberts – 50 back 8th , top
16
Charlotte Rudolph
Mallory Wennemann

Boys

Relays

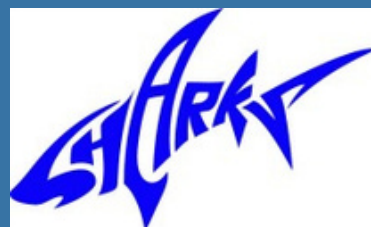
14&U 400 Medley – 1st
14&U 400 Free – 1st
14&U 200 Free – 1st
14&U 200 Medley – 1st

Individuals

Ben Breithaupt – 100 Breast –
4th, 200 Breast 3rd
Grant Castillon – 1500 – 1st, 100
back – 1st, 100 Fly – 2nd , 400 free
– 2nd , 200 Back – 1st, 800 Free –
2nd
Greyson Collins – top 16
Robby Eutsler – 100 back 8th, top
16
Bryan Santos – 200 breast 6th,
100 breast 1st
Trevin Terrance – 100 back 7th ,
100 free 2nd, 100 fly 4th, 100
breast 7th, 50 free 3rd
Chase Vidrine – 50 breast 7th ,
100 breast 5th, top 16

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UPCOMING Events

October 8-9 HSC Ed Kelly Memorial Meet Slidell, LA

October Birthdays

October 5th - Colin C.
October 9th - Lilly H.
October 13th - Brooke L.
October 17th - Elora B.
October 18th - Julien P.
October 20th - Mallory W.
October 21st - Grace B.
October 25th - Ali F. & Olivia R.



Athletes in the Kitchen

Fall Fuel

Fall is the time of harvest and brings an abundance of fresh fruits and vegetables ! Fall fruits and fall vegetables are not only delicious, they're also packed with nutrients your body needs to keep your immune system strong before the chill of winter arrives. Also, eating seasonal fruits and veggies is often better for the environment, your health, and your budget. When fruits and veggies are eaten in their proper season, they are more nutrient dense because they have had proper time to mature before being picked. Here are 8 Fall Fruit and Veggie Options:

- Sweet Potatoes
- Butternut Squash
- Pumpkin
- Brussel Sprouts
- Cauliflower
- Kale
- Eggplant
- Cranberries

Explore a new recipe this Fall with seasonal produce to share with family and friends!

